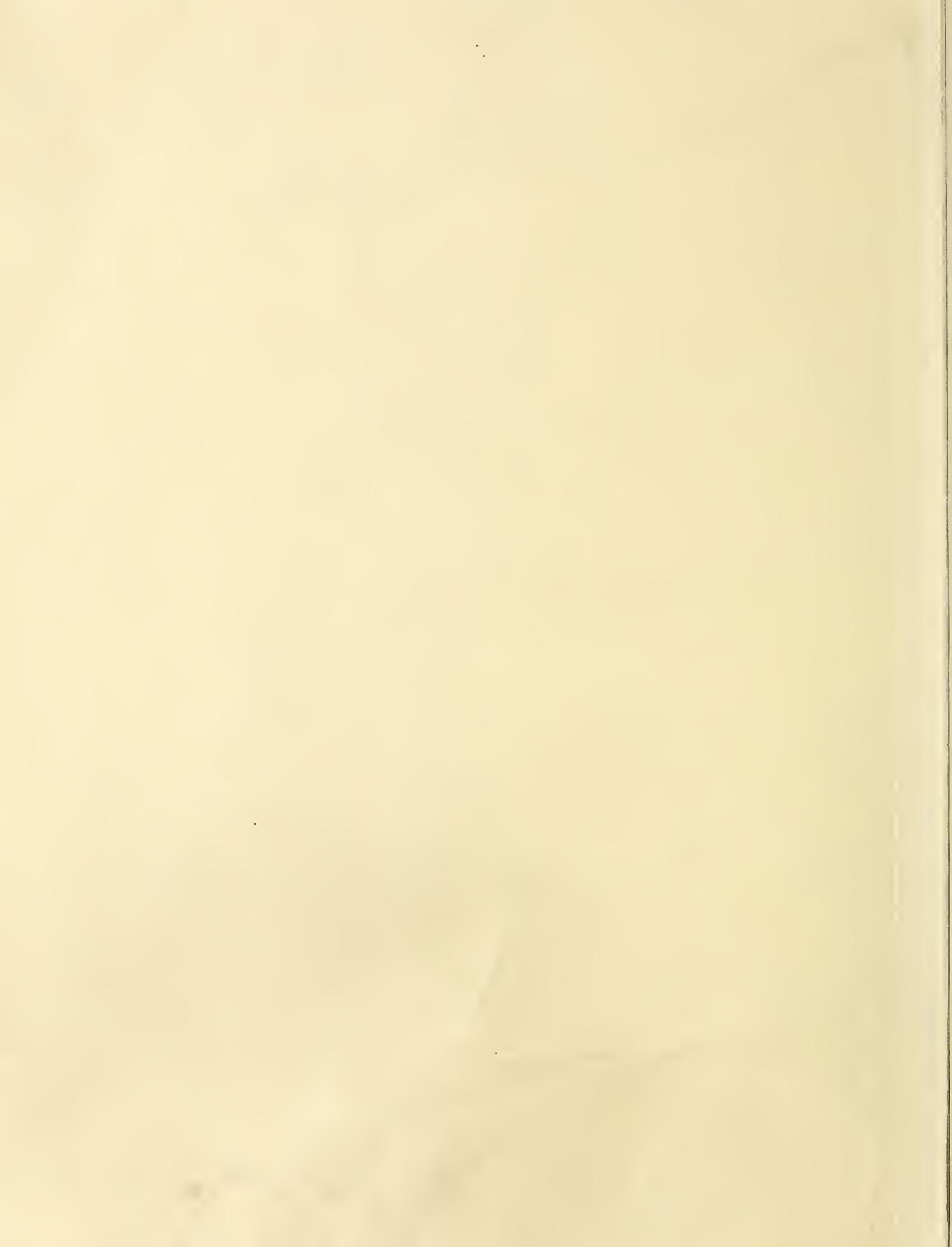
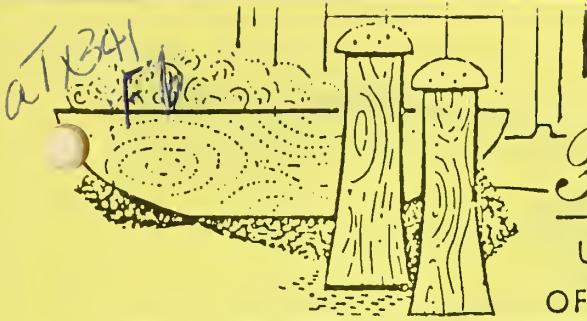


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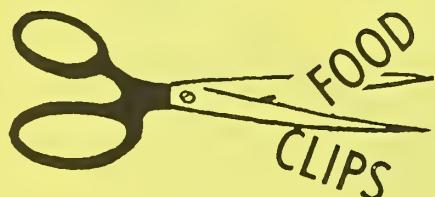
Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF COMMUNICATION WASHINGTON, D. C.

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NO. 5



Five good ways to dress a slim potato salad are tomato juice with a hint of herbs, vinaigrette dressing with vinegar and a dash of oil, mustard and a dab of sour cream, herb-dressed yogurt, or a splash of dry white wine.

* * *

Don't be fooled -- even under the best storage conditions, freshness and nutritive value can be lost if foods are stored too long. Use before you lose the true goodness of a product.

* * *

Don't overcrowd your refrigerator by piling food on top of food..unless it is necessary for a short period. Space is needed around food containers for air circulation.

* * *

Home economists at USDA suggest that you use eggs within a week. If eggs are held too long, the thick white may thin, the yolk membrane may weaken and break when the shell is opened. Eggs retain quality well -- but, for maximum quality and flavor they should be used -- and not held for extended periods.

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POPCORN

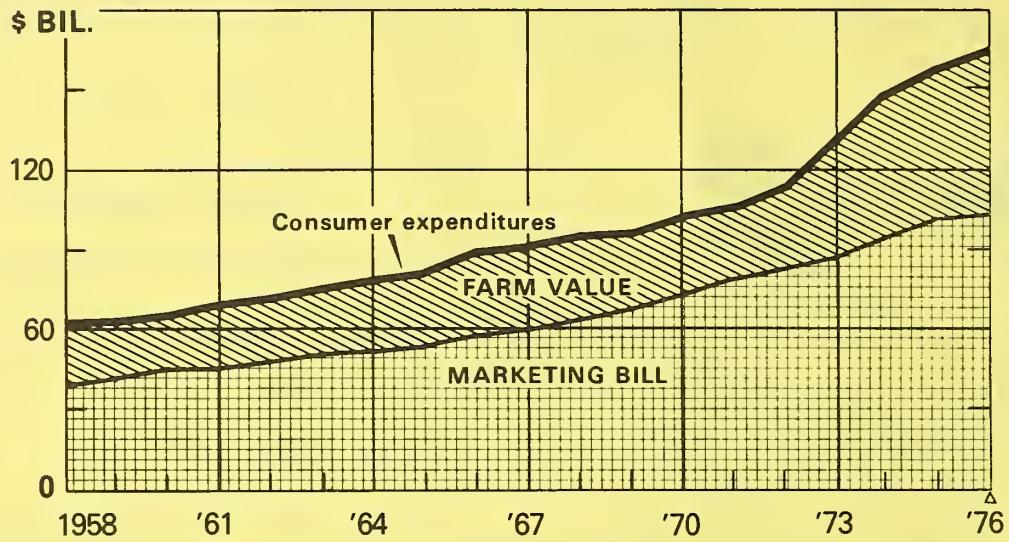
— LOTS OF POPCORN!

Popcorn growers broke all production records in 1976 -- a record of 601.6 million pounds of popcorn! That's 7 percent above the previous high of 564 million pounds set in 1970. While popcorn remains a small part of our total corn crop -- nonetheless it produces a \$100 million retail business in this country, according to figures by the U.S. Department of Agriculture.

The "all season" snack is best known for the yellow popping corn which is often doused with butter, oil, or caramelized. It is a healthy snack food because it does supply fiber, nutrients and its starch is easily digested. However -- the butter, oil, caramel, salt, and whatever else you choose -- may not be considered helpful to your diet. But -- the choice is yours -- the product itself is a popular food.

Nebraska, Indiana, Ohio and Iowa remain the leading producing states, accounting for 70 percent of the total U.S. output of popcorn, according to the Statistical Reporting Service of the U.S. Department of Agriculture.

FARM-FOOD MARKETING BILL AND CONSUMER FOOD EXPENDITURES



FOR DOMESTIC FARM FOODS PURCHASED BY CIVILIAN CONSUMERS FOR CONSUMPTION BOTH AT HOME AND AWAY FROM HOME. △PRELIMINARY.

USDA

NEG. ERS 961-76 (9)

Farm-food marketing bill and consumer food expenditures, 1958-75¹

Year	Marketing bill ²	Farm value ³	Civilian expenditures for farm foods
	Billion dollars	Billion dollars	Billion dollars
1959	42.4	21.2	63.6
1960	44.6	22.3	66.9
1961	45.7	23.0	68.7
1962	47.6	23.7	71.3
1963	49.9	24.1	74.0
1964	52.6	24.9	77.5
1965	54.0	27.1	81.1
1966	57.1	29.8	86.9
1967	60.4	28.8	89.2
1968	63.6	30.4	94.0
1969	65.2	33.7	98.8
1970	71.1	34.8	105.9
1971	75.4	35.3	110.7
1972	78.5	39.3	117.8
1973	82.5	51.1	133.6
1974	93.3	56.0	149.3
1975 ⁴	103.7	55.3	159.0

¹ Data since 1958 have been revised. ² Difference between civilian expenditures and farm value. ³ Returns to farmers for products equivalent to those sold to consumers, adjusted to eliminate nonfood byproducts. ⁴ Preliminary.

*Prepared by the Economic Research Service of the U.S. Department of Agriculture. Slides/Prints of these charts are available to the PRESS for reproduction if requested to the Editor of Food and Home Notes.

HOUSING

— IN AN OLD SCHOOLHOUSE

Just the thought
of remodeling an old
house usually offers
all the challenge many
people need for enthu-
siasm in home-buying.
But -- the thought of
renovating and being
creative with a 100
year old school in New
England might be a
challenge most people
could quickly turn



When the flag goes up at Bea's Mason School residence,
that means neighbors are welcome to come or call.
And they do!

down. Beatrice Judkins, former Extension Service program leader, thought of it as a delightful opportunity to use some of the knowledge that she had taught to others during her 31-year career as a home economist with the U.S. Department of Agriculture.

The antique schoolhouse in Madison, New Hampshire, (population 1,100) was purchased back in 1955 by Miss Judkins. The former "Mason School" had all the attributes that were basic to her needs...except for electricity and running water. The house even had a magnificent view of the famous White Mountains. Without water the first ten years in the house she supplied all she needed by carrying water from a helpful neighbor's well.

(Con't. page 4)

HOUSING -- IN AN OLD SCHOOLHOUSE (CON'T.)

During the 22 years of owning the property she added a new chimney to the schoolhouse, a Franklin stove, a modernized L-shaped kitchen, awning type windows, a well for water, knotty pine walls and a new porch. Much of the "flavor" of the old schoolhouse remains however.

In the living room you can see the marks on the floor where school desks were once fastened. People who attended this old school often stop by to see the owner and tell her about the by-gone days.

Gaining acceptance in the small New Hampshire community developed slowly. The night that lighting struck the little schoolhouse was one that the neighbors will long remember -- Miss Judkins managed to carry enough buckets of rainwater to put out the fire and save her home. The neighbors were so impressed that they immediately started to call her Beatrice instead of Miss Judkins.



Bea Judkins, retired Extension - HE staff member, tends Franklin stove in her New Hampshire one-room schoolhouse home.